

NEW SECTION

WAC 296-62-095 Heat-related illness in the outdoor environment.

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WAC 296-62-09510 Scope and purpose. (1) WAC 296-62-095 through 296-62-09560 applies to all employers with one or more employees performing work in an outdoor environment. It requires employers to implement workplace practices designed to reduce to the extent feasible the risks of heat-related illness resulting from outdoor exposure to temperature, humidity, and other environmental factors, or any combination thereof.

(2) The requirements of WAC 296-62-09540, Drinking water, and 296-62-09550, Responding to signs and symptoms of heat-related illness, apply to outdoor work environments where employees are or may be exposed to a condition listed in Table 1.

Table 1

To determine the temperature trigger, select the type of clothing or PPE the employee is wearing and whether the work is being performed in the direct sun or the shade.

	Work in direct sun	Work in shade
Work clothes	89°F	96°F
Double-layer woven clothes (e.g., cotton coveralls on top of summer clothes)	77°F	87°F
Vapor barrier (e.g., encapsulating suit or turn out gear)	52°F	62°F

Note: The trigger temperatures in Table 1 are based on a dew point of 50°F and were developed for use by the state of Washington.

(3) WAC 296-62-095 through 296-62-09560 does not apply to incidental exposure.

(4) WAC 296-62-095 through 296-62-09560 supplements industry-specific standards with related requirements. Where the

requirements under these sections provide more specific or greater protection than the industry-specific standards, the employer shall comply with the requirements under these sections.

NEW SECTION

WAC 296-62-09520 Definitions. (1) **Acclimatization** means the body's temporary adaptation to work in the heat that occurs as a person is exposed to it.

(2) **Drinking water** means potable water. Water packaged as a consumer product is acceptable.

(3) **Environmental factors for heat-related illness** means working conditions that increase the susceptibility for heat-related illness including air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, and personal protective equipment worn by employees.

(4) **Heat-related illness** means a medical condition resulting from the body's inability to cope with a particular heat load, and includes, but is not limited to, heat cramps, heat rash, heat exhaustion, fainting, and heat stroke.

(5) **Heat-related illness hazard** means when environmental factors present a condition listed in WAC 296-62-09510(2) Table 1.

(6) **Incidental exposure** means employees performing work activities in an outdoor environment for a total of fifteen minutes or less in a sixty minute period. This applies every hour during the work shift.

(7) **Outdoor environment** means an environment where work activities are conducted outside. Environments such as vehicle cabs, sheds, and tents or other structures may be considered an outdoor environment when the environmental factors are not managed by engineering controls. Construction activity is considered work in an indoor environment when the outside walls and roof are erected.

(8) **Personal factors for heat-related illness** means factors that affect hydration or other physiological responses to heat.

NEW SECTION

WAC 296-62-09530 Employer responsibility. The employer must establish, implement, and maintain written procedures to reduce to the extent feasible the risks of heat-related illness which include the following elements:

(1) Identification and evaluation of temperature, humidity,

and other environmental factors associated with heat-related illness;

(2) Provisions to reduce to the extent feasible the risks of heat-related illness which include the following elements:

- The provision of rest breaks as needed to reduce to the extent feasible the risks of heat-related illness; and

- Encouraging frequent consumption of water, as described in WAC 296-62-09560 (2)(e) Information and training.

(3) Procedures for responding to signs or symptoms of possible heat-related illness and accessing medical aid;

(4) Employees are responsible for monitoring their own personal factors for heat-related illness, including ensuring they consume adequate water.

NEW SECTION

WAC 296-62-09540 Drinking water. When environmental factors present a condition listed in WAC 296-62-09510(2) Table 1, drinking water must be provided and made readily available in sufficient quantity to provide at least one quart per employee per hour. Employers may begin the shift with smaller quantities of drinking water if they have effective procedures for replenishment during the shift as needed to allow employees to drink one quart or more per hour.

NEW SECTION

WAC 296-62-09550 Responding to signs and symptoms of heat-related illness. (1) When environmental factors present a condition listed in WAC 296-62-09510(2) Table 1, employees showing signs or demonstrating symptoms of heat-related illness must be relieved from duty and provided with a sufficient means to reduce body temperature. Examples include the following: The provision of shaded rest areas, misting stations, or temperature controlled environments (for example, air conditioned trailers).

(2) Employees showing signs or demonstrating symptoms of heat-related illness must be monitored to determine whether medical attention is necessary.

NEW SECTION

WAC 296-62-09560 Information and training. All training must be provided, in a language the employee understands, prior to outdoor work in conditions that may present heat-related illness hazards, and at least annually thereafter.

(1) Employee training. Training in the following topics must be provided to all employees who may be exposed to a heat-related illness hazard.

(a) The environmental factors that contribute to the risk of heat-related illness;

(b) General awareness of personal factors that may increase susceptibility to heat illness including, but not limited to, an individual's age, degree of acclimatization, medical conditions, water consumption, alcohol consumption, caffeine consumption, nicotine use, and use of prescription and nonprescription medications that affect hydration or other physiological responses to heat;

(c) The employer's procedures for identifying, evaluating, and controlling exposure;

(d) The importance of removing personal protective equipment that increases exposure to heat-related illness hazards during all breaks when feasible;

(e) The importance of frequent consumption of small quantities of water. One quart or more over the course of an hour may be necessary when the work environment is hot and employees may be sweating more than usual in the performance of their duties;

(f) The importance of acclimatization;

(g) The different types of heat-related illness and the common signs and symptoms of heat-related illness;

(h) The importance of immediately reporting to the employer, directly or through the employee's supervisor, symptoms or signs of heat illness in themselves, or in co-workers;

(i) The employer's procedures for responding to symptoms of possible heat-related illness, including how emergency medical services will be provided should they become necessary; and

(j) The purpose and requirements of this standard.

(2) Supervisor training. Prior to supervising employees who are working in conditions that may present heat-related illness hazards, supervisors must have training on the following topics:

(a) The information required to be provided in subsection (1) of this section;

(b) The procedures the supervisor is to follow to implement the applicable provisions in this section;

(c) The procedures the supervisor is to follow when an employee exhibits signs or symptoms consistent with possible heat-related illness, including emergency response procedures;

(d) Procedures for moving employees to a place where they can be reached by an emergency medical service provider, if necessary; and

(e) How to provide clear and precise directions to the emergency medical provider who needs to find the work site.

